

ABSTRACT

An optical information recording method is disclosed, which is for recording information at constant linear density in an optical recording medium that is rotated at a constant angular speed, the recording being carried out by irradiating a laser beam that contains the same number of mark recording periods that consist of a heating power period and a cooling power period. According to the optical information recording method, a mark having a length equivalent to an even number times a basic clock period is formed by a pulse train generated with a period equivalent to twice the basic clock period; and a mark having a length equivalent to an odd number times the basic clock period is formed by a pulse train where the first mark recording period is delayed by a first time, and the first mark recording period and the second last mark recording period are made longer than twice the basic clock period.